



SECTION ONE Standard House Diets

Diet manual

Soft Diet

Low Residue Diet (Less Than 3 Grams Dietary Fiber)

General Description

This diet contains foods and beverages which leave a reduced amount of residue in the bowel after digestion. The indigestible content of food, such as that found in dietary fiber and foods that increase fecal output, is limited. Excess fat is also limited, since fat can delay gastric emptying and thus slow intestinal transit time.

Indications for Use

This diet may be indicated as follows:

- in situations where decreased fecal output is desirable
- when the bowel is markedly inflamed (i.e., acute stages of ulcerative colitis and Crohns disease)
- for patients with partial intestinal obstructions
- after lower bowel surgery
- in preparation for some gastrointestinal tests
- for patients who have a narrowed intestinal or esophageal lumen

Nutritional Adequacy

In comparison to the Recommended Dietary Allowances, this diet is adequate in all nutrients with the same exceptions as for the regular diet.

Guidelines

- Meat, poultry, and fish should be prepared without added fat and visible fat trimmed.
- Dairy products should be limited to an equivalent of two cups per day including that used in cooking. Low-fat dairy products are encouraged.
- All foods should be plainly prepared. Added fats, gravies, sauces, and heavy seasonings are avoided.

Low Residue Diet

Food Groups	Foods Allowed	Foods Not Allowed
Dairy*	Milk, chocolate milk, buttermilk, milkshake; yogurt without skins or seeds; cottage cheese, mild cheeses (*limit milk and milk products to equivalent of 2 cups of milk daily).	Yogurt containing fruit skins or seeds. Strongly flavored cheeses.
Meat or Substitute	Plainly prepared lean beef, ham, lamb, liver, pork poultry, or veal; eggs, fish, shellfish, smooth peanut butter.	Tough fibrous meats with gristle; chunky peanut butter; fried or fatty meats.
Eggs	All prepared without added fats.	Eggs prepared with added fat (fried eggs).
Potato or Substitute	White or sweet potatoes without skins, potato salad made with allowed ingredients, macaroni, noodles, spaghetti, white rice.	Potato skins, fried potatoes, potato chips, brown & wild rice, barley, hominy, potato, or substitute made with ingredients not allowed.
Vegetables	Tender cooked, mildly flavored vegetables such as asparagus tips, beets, wax or green beans, winter squash, carrots, mushrooms. Any pureed or blenderized vegetables. Tomato juice or vegetable juice.	All except those allowed; all raw vegetables. Cooked vegetables with skins and/or seeds, or fibrous stalks. Dried beans and peas. Strongly flavored vegetables (i.e., cabbage, cauliflower, broccoli, turnips, rutabagas).
Fruit & Fruit Juice	Canned fruit without seeds, skins, or membranes. Fruit juice, except prune juice. Any pureed or blenderized fruits. Fresh ripe banana.	All except those allowed. All raw fruits (except banana). Raisins or other spiced or dried fruits, avocado, stewed prunes, prune juice, prune puree. All canned fruits with skins, seeds, and membrane.
Breads & Cereals	French, Vienna, Italian, refined white wheat or rye bread without seeds, saltines or soda crackers. Refined, cooked, or ready-to-eat cereals.	Breads, crackers, rolls or cereals containing whole grain or graham flour, bran, cornmeal, seeds, nuts, raisins, or other dried fruits.
Fats	Limit to 4 teaspoon/day: margarine, butter, vegetable oil, mayonnaise, nondairy creamers, mildly spiced salad dressings (1 slice crisp bacon can be substituted for 1 tsp. fat).	All except those allowed.

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Beverages	Coffee, tea, decaffeinated coffee, fruit flavored drinks, carbonated beverages.	All, except those allowed.
Soup	Bouillon or broth. Soups made with allowed vegetables and meats, other soups which have been strained (include milk-based soups as part of dairy allotment).	All, except those allowed. Highly seasoned soups.
Desserts/Sweets	Plain custard, puddings, plain ice cream (include as part of dairy allotment). Fruit ice, popsicles, plain cake and cookies, pound cake, gelatin (plain or with allowed fruit), hard clear candy, chocolate.	Desserts or candy made with coconut, nuts, seeds, or fruit not allowed.
Miscellaneous	Salt, pepper, and mild seasonings, sugar, jelly, honey, syrup.	Chili powder, barbeque spice and sauce, steak sauce. Any other strongly flavored spice or herb. Jam or marmalade. Mustard.

Suggested Meal Plan

Breakfast	Lunch	Dinner
Juice	Meat or Substitute	Meat or Substitute
Cereal	Potato or Substitute	Potato or Substitute
Egg	Vegetable	Vegetable
Bread	Fruit	Fruit
Margarine	Dessert	Dessert
2% Milk	Bread	Bread
Beverage	Margarine	Margarine
	Beverage	2% Milk
		Beverage